

**INÉ POHLÁDY NA DIÉTNE OPATRENIA
V KARDIOVASKULÁRNEJ PREVENЦИИ**

IX. ANGIOLOGICKÝ DEŇ NÚSCH

25.novembra 2016

Viliam BADA

III.Interná klinika LF UK, UNB

Nemocnica akademika Ladislava Dérera

Limbová 5 Bratislava - Kramáre

Il'ja Il'jič **MEČNIKOV**

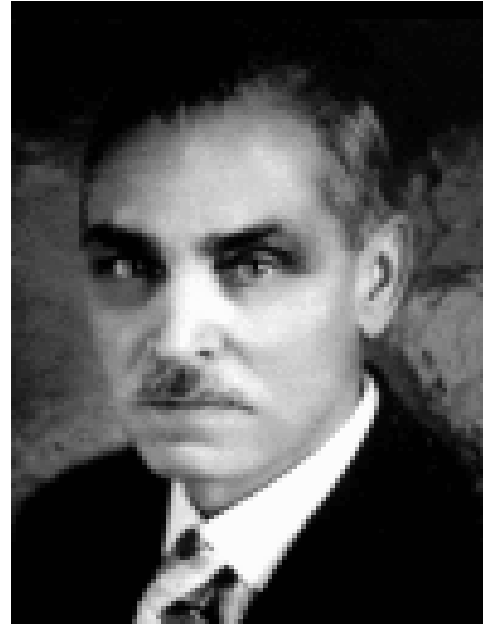
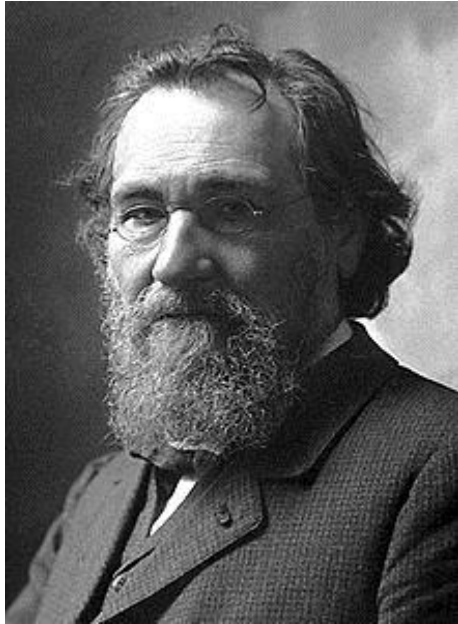
Nobel Price 1908

Phagocytosis

decrease animal protein

Alexander Iosifovič **IGNATOVSKIJ**

Nikolaj Nikolajevič **ANIČKOV**



Ivanivka ,Charkovská
gubernija- Paríž

1845 – 1916 (**71r**)

IM

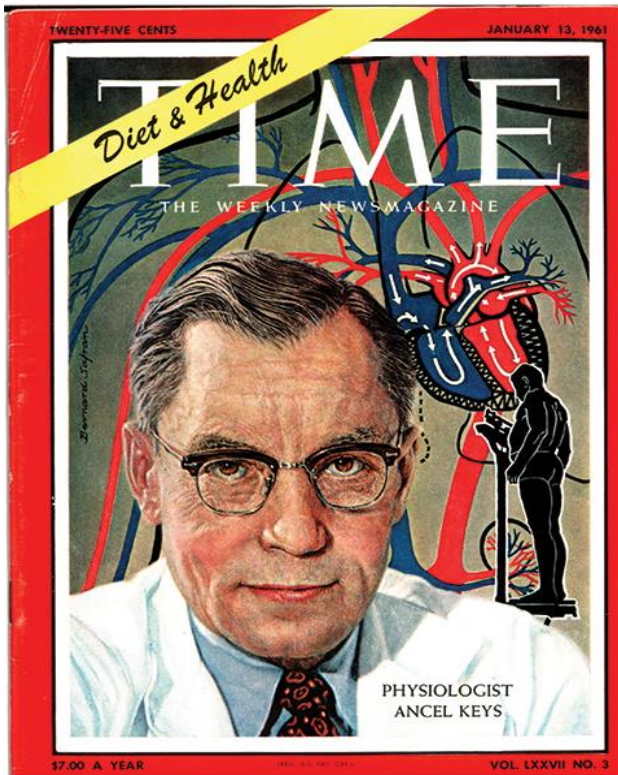
Smolensk-Belehrad

1875-1955 (80r)

St Petersburg- Moskva

1885- 1964 (79)

IM



January 13.1961

Ansel Benjamin **KEYS**

1904 -2004

DIET & HEALTH HYPOTHESIS

**CHOLESTEROL And
SATURATED FATS**

**MEDITERRANEAN DIET
SOUTH OF NAPLES,**

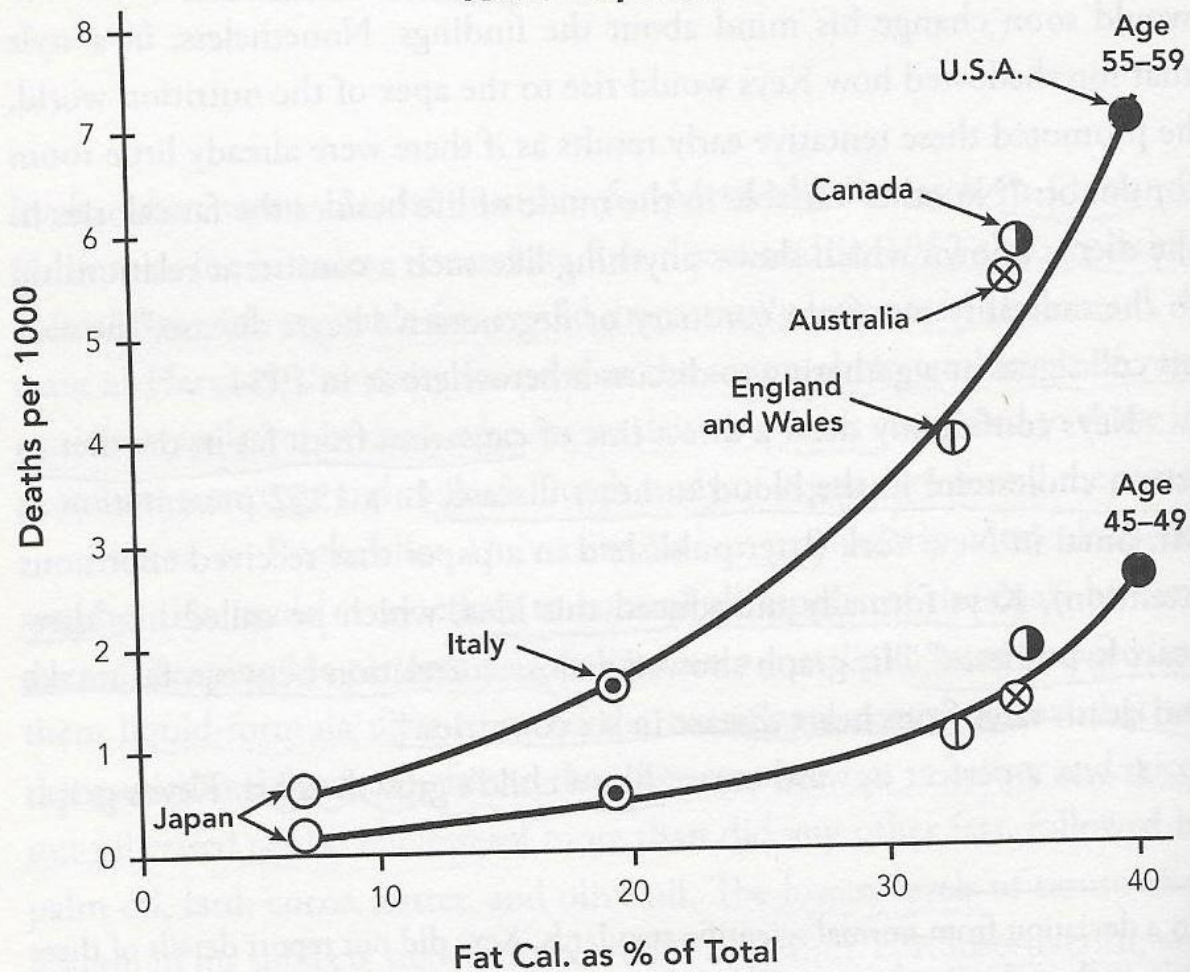
PIOPPI

Here purchased a House

And SPENT here : **28** years

**Keys's 1952 Chart:
Fat Calories vs. Deaths from Degenerative Heart Disease**

**Degenerative Heart Disease
1948-49, Men**

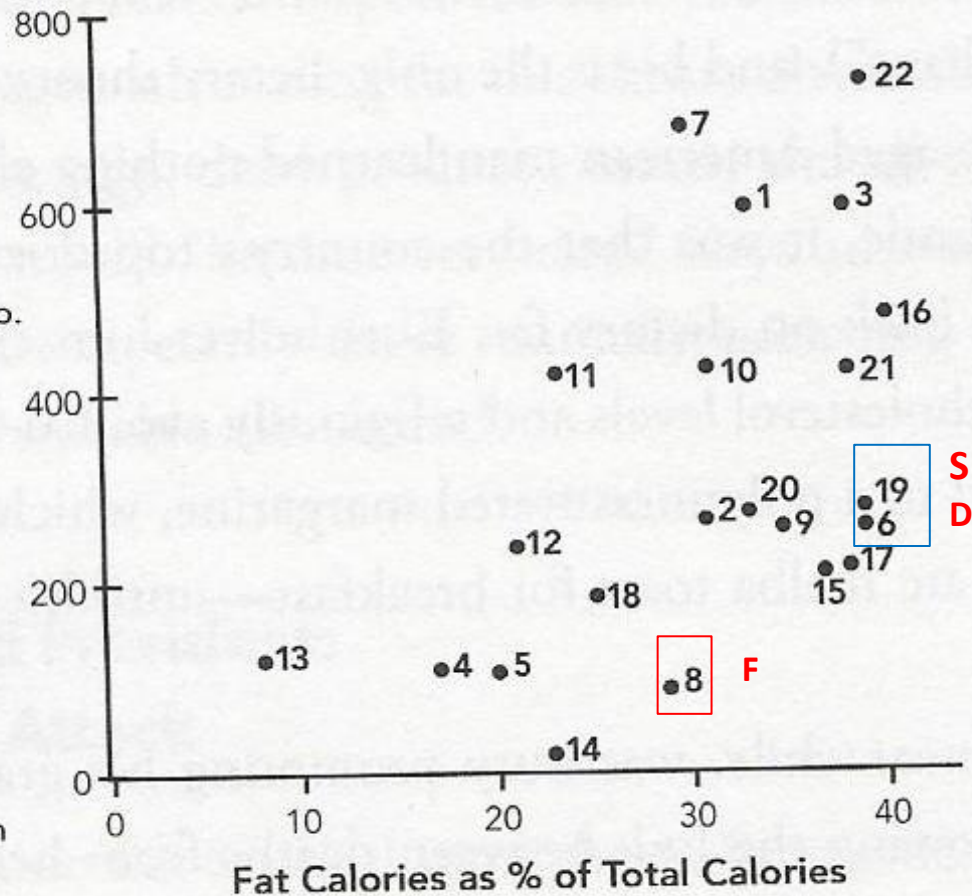


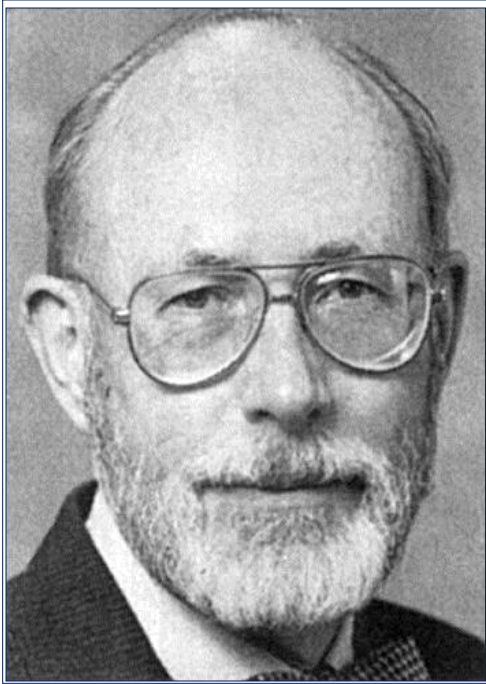
Yerushalmy and Hilleboe: Data from Twenty-Two Countries

Mortality from Arteriosclerotic and Degenerative Heart Disease and Percent of Total Calories from Fat – Males age 55–59, 1950

Country

1. Australia
2. Austria
3. Canada
4. Ceylon
5. Chile
6. Denmark
7. Finland
8. France
9. German Fed. Rep.
10. Ireland
11. Israel
12. Italy
13. Japan
14. Mexico
15. Netherlands
16. New Zealand
17. Norway
18. Portugal
19. Sweden
20. Switzerland
21. United Kingdom
22. United States



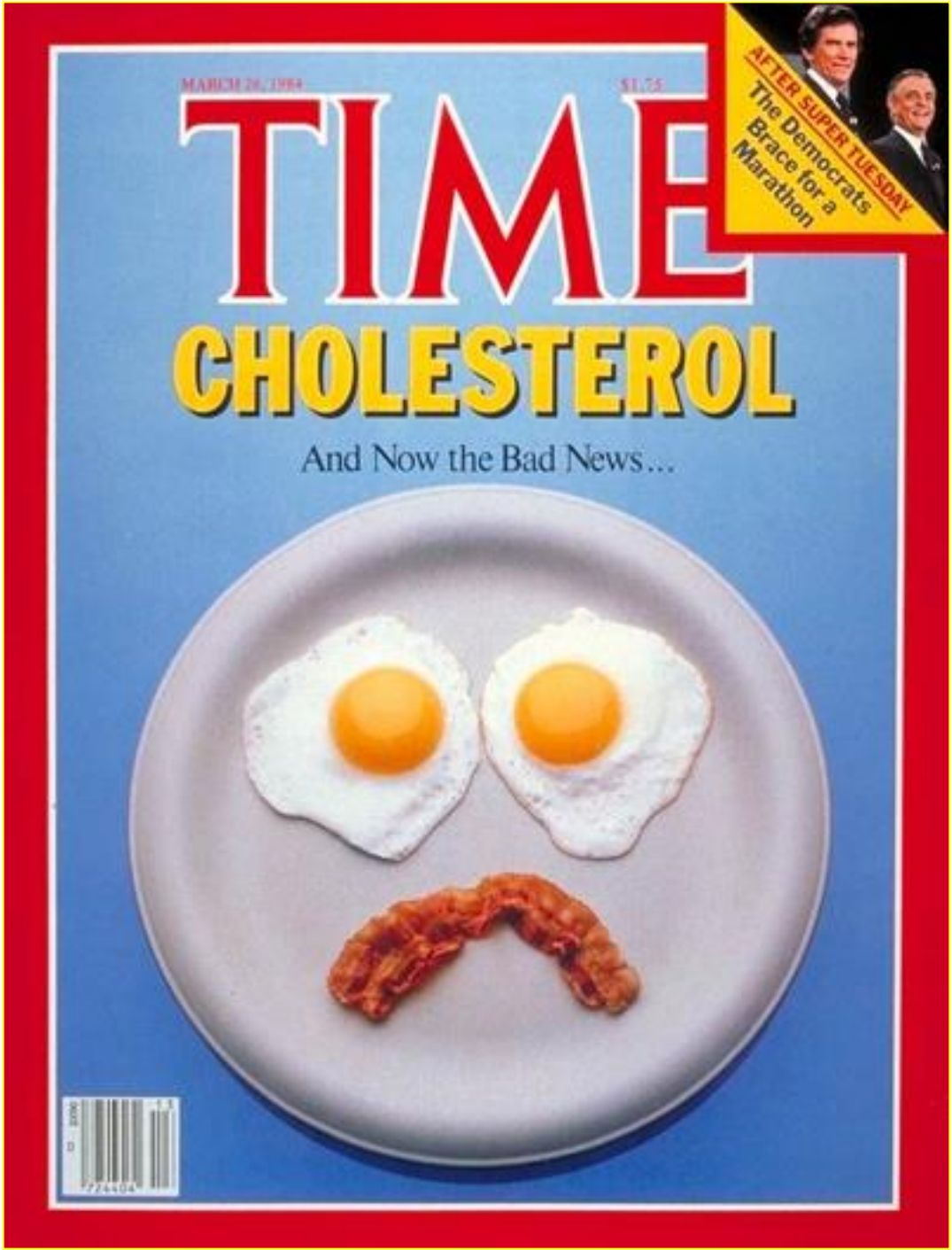


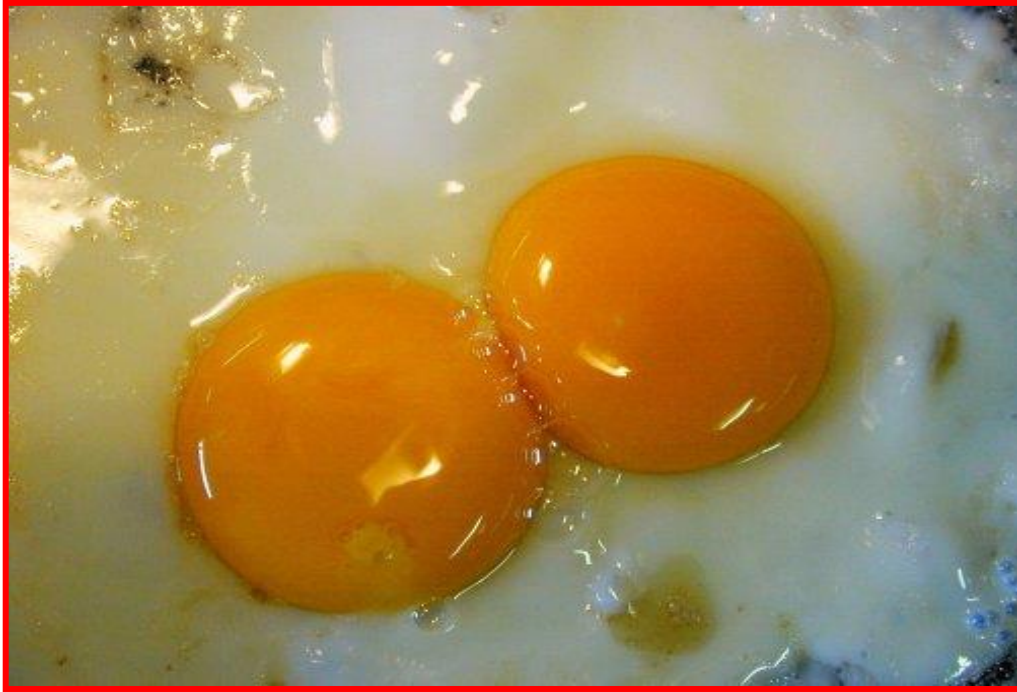
**IN CONCLUSION OF
STUDY CLAS 1984
(COLESTIPOPOL + NIACÍN)**

David H. BLANKENHORN 1924-1993

**DECREASING CHOLESTEROL LEVEL
there are signals of *POSSIBLE*
REVERSIBILITY of **ATHEROSCLEROSIS****

26.3.1984





**HARVARD MEDICAL
SCHOOL**, Boston, Mass

GUIDE to

HEALTHY EATING

prof. Walter Willet.

EGGS are O.K.!

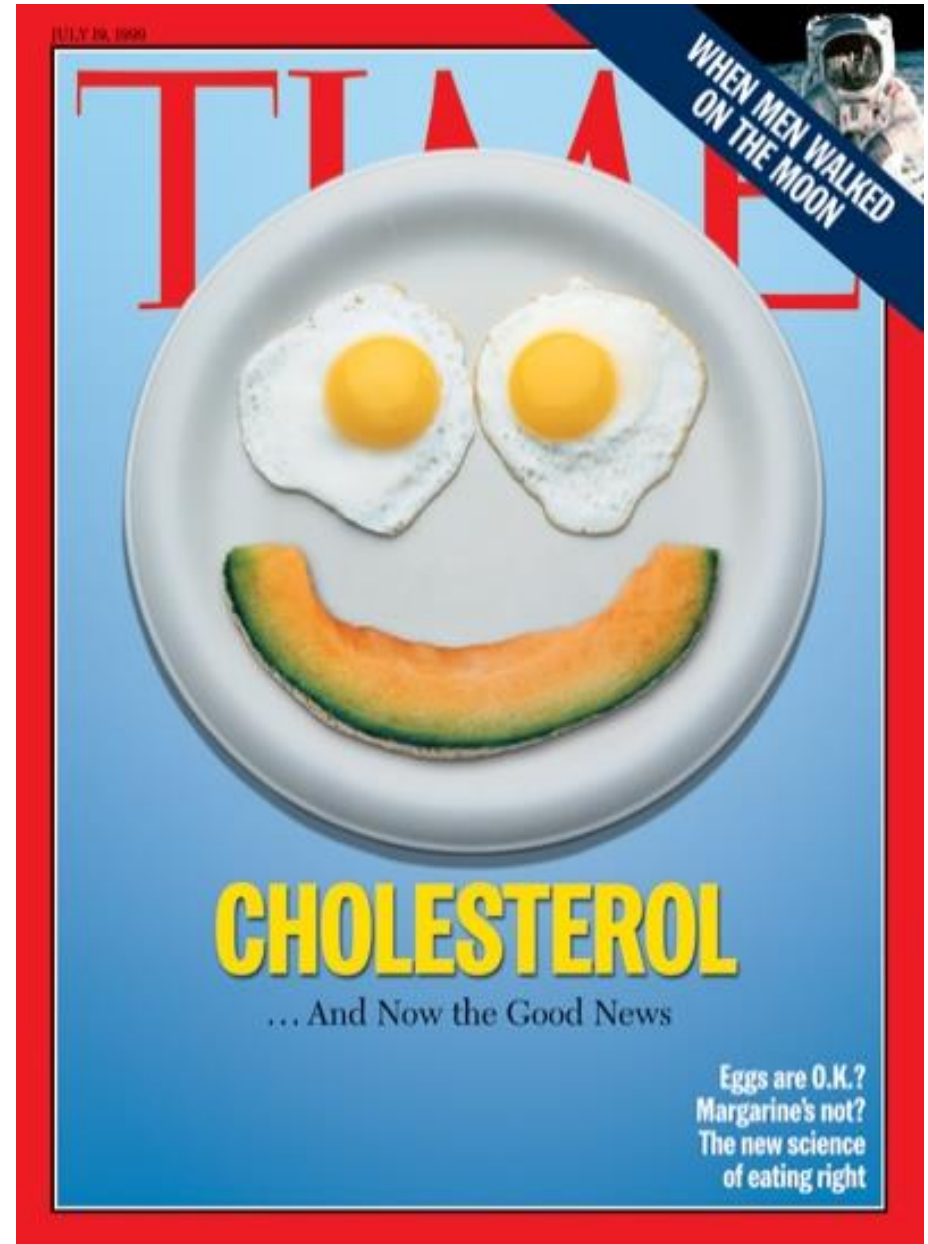
**NO CORRELATION BETWEEN HIGH EGG CONSUMPTION
AND CARDIOVASCULAR MORTALITY**

Hu FB, et al A prospective study of **EGG** consumption and **RISK** of cardiovascular disease in men and women **JAMA 1999**;281:1387-94

8 Years Long prospective epidemiological study : **37 851** men
80 082 women
together **117 933**

19. 7. 1999

After 15 years from 1984 !



CHOLESTEROL

ÚLOHY

CHOLE – žlč
STEROS- pevný
OL- alkohol

Vitamín D
Steroidné hormóny
Žlčové kyseliny

ŠTRUKTÚRA A FUNKCIA ŽIVOČÍŠNYCH MEMBRÁN

Permeabilita, Fluidita, Izolácia, Konduktivita,

SYNTÉZA **CHOLESTEROLU** V KAŽDEJ BUNKE

$3,5 \times 10^{13}$

Celkový Počet Buniek

Celkové množstvo Cholesterolu : **35 g**

Denne sa syntetizuje asi **1 g**

v POTRAVE je

Cholesterol **ESTERIFIKOVANÝ ZLE SA REZORBUJE,**

má *Minimálny* vplyv na *Hladinu Cholesterolu*

Cholesterol sa **RECYKLUJE** *Enterohepatálnym Cyklom*

(Cholesterol v žlči nie je esterifikovaný)



Jeremiah STAMLER

27.X.1919

FATHER OF

FACTORS of RISK

Framingham Hert Study

CHOLESTEROL + SATURATED FATS

***CHOLESTEROL IS A BIOLOGICAL RUST WHICH
CHOKES THE FLOW OF THE BLOOD***

MRFIT 361000 men **Low Fat High Carb diet**

Non significant increased mortality in exp group
*FOR EACH 1% mg /dl DROP OF CHOLESTEROL 11%
INCREASED CORONARY AND TOTAL MORTALITY*

FAT MUST MAKE PEOPLE FAT

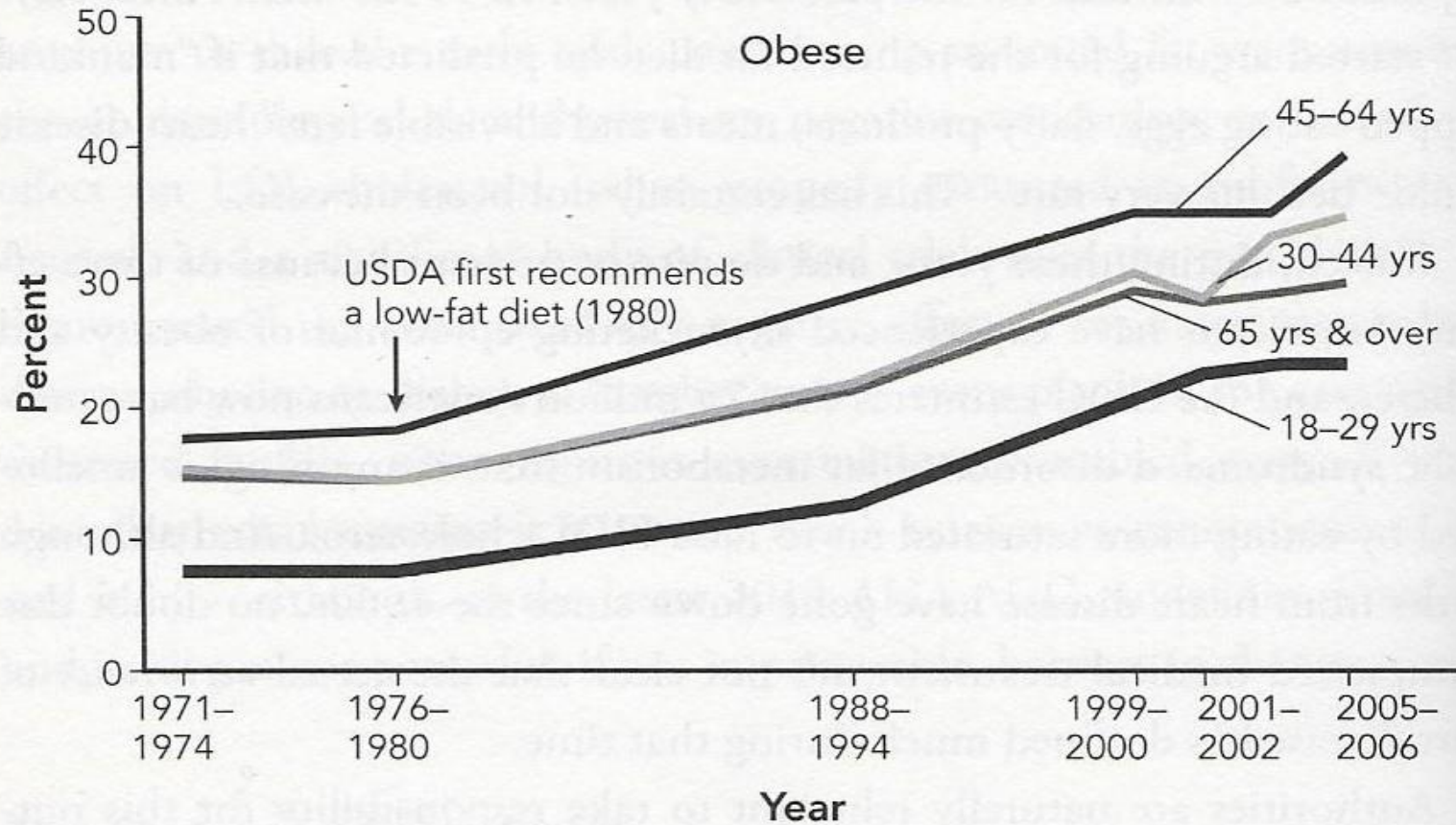
FAT= 9 CALORIES /gram

CARBOHYDRATES = 4 CAL/gram

MEDITERRANEAN DIET

IN PIOPPI NEIGHBOUR TO A. KEYS

Rates of Obesity in the United States, 1971-2006



LOW FAT + HIGH CARB DIET AND OBESITY
USDA (US DEPARTMENT OF AGRICULTURE)



**Aunt
Jemima**

Butter Rich Syrup

Natural Butter Flavor With Other Natural Flavors
Contains No Butter



210
CALORIES
PER
SERVING

NET WT 24 FL OZ (710 mL) [®] _{UD}

3625925944035

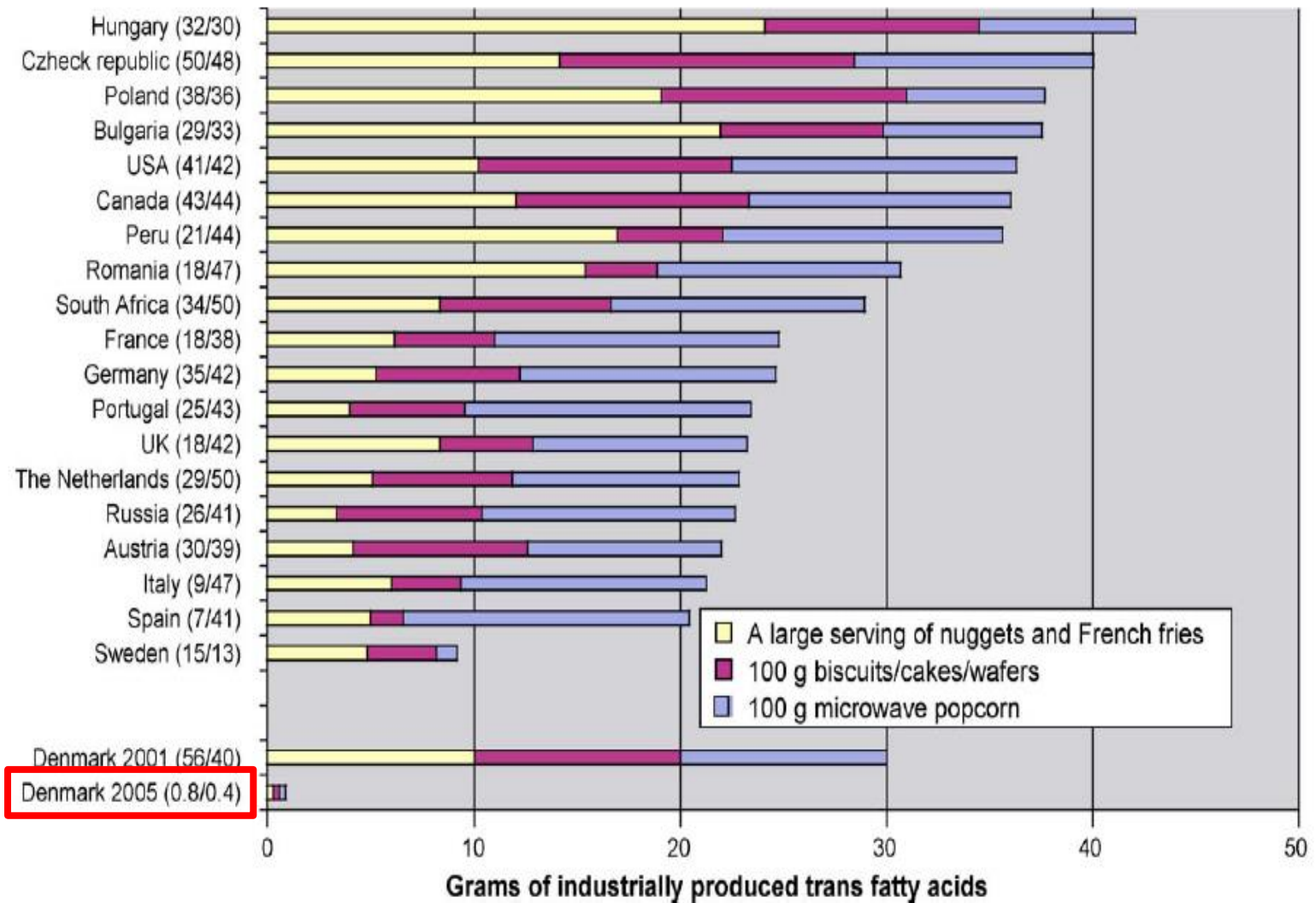


Fig. 3. Amounts of industrially produced *trans* fatty acids in a "high *trans* menu" consisting of fast food, biscuits/cakes/wafers, and microwave popcorn. In each country, the products with the highest concentration in each category are shown. Values in parentheses are percentage of *trans* fatty acids of total fat in biscuits/cakes/wafers and microwave popcorn, respectively.

CARDIOVASCULAR DISEASE IN EUROPE

EPIDEMIOLOGICAL UPDATE 2014

AGE STANDARDIZED M O R T A L I T Y

	CVD total	10 year change	CHD	10year change
DK Males	173,5	- 46 %	67,1	-57%
SK Males	551,8	-17%	333,8	- 9%
DK Females	110,8	- 43%	32, 6	- 59%
SK Females	360,2	-18%	209,5	- 11%

Nichols M, Townsend N, Scarborough P, Rayner M. **University of Oxford**

Europ Heart J 2014; 35:2950-2959, (November 7 2014)

TIME
CHOLESTEROL

And Now the Bad News...



AKO SA DÁ PREDCHÁDZAŤ CHOROBÁM SRDCA A CIEV

Viliam BADA

SAMEDI 2014

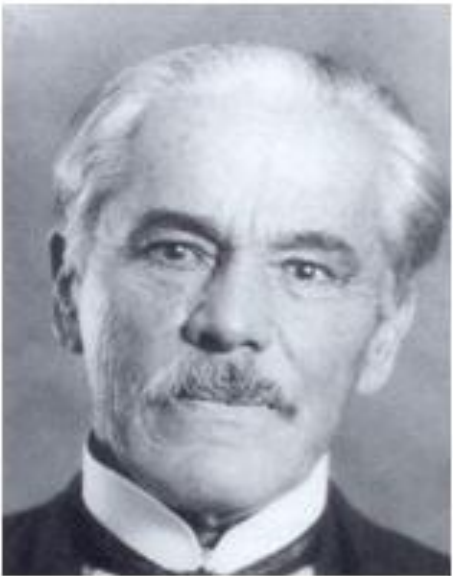
Motto: Prevencia je lepšia ako liečba

CHOLESTEROL

Egg and O.E.T.
Margarinová vajíčka
Táto časť obsahuje
všetky potrebné
informácie



NINA TEICHOLZ Simon & Schuster NY **2014**,
THE BIG FAT SURPRISE, New York Times Bestseller
Why **Butter, Meat and Cheese** Belong in Healthy Diet



Stay in 1897 - 1905 on Southwest USA and Mexico

Between **PIMA** Indios

Seemed Healthy lived to old Age over 90

He examined over **2000** Native Americans
no atherosclerosis, no tumors, no dementia

On Diet mainly on Meat from Buffalos

US Census in 1900

ALEŠ

HRDLIČKA

Humpolec 1869*
Washington 1943+
Phys Antropologist

Director of Dept
Of Antrophology
Smithsonian Inst.
Washington DC

CENTENARIANS

NATIVE AMER

M:**224** /mil

Ž :**254**/ mil

WHITE

M : **3** /mil

Ž : **6**/mil

460-page Report for **Smithsonian Institute** Washington DC

JUNE 23, 2014

TIME

Eat Butter.

Scientists labeled fat the enemy. Why they were wrong

BY BRYAN WALSH



time.com

23. júna 2014



Dariush MOZAFFARIAN

*Dean of the TUFTS FRIEDMAN SCHOOL
OF NUTRITION SCIENCE & POLICY
AND THE JEAN MAYER CHAIR AND
PROFESSOR OF NUTRITION*

IN RECENT YEARS REMERKABLE SCIENTIFIC
ADVANCES, HAVE MADE CLEAR,
**THAT HOW WE EAT IS THE
LEADING CAUSE OF POOR HEALTH,**

AND HOW WE PRODUCE OUR
FOOD THE LEADING CAUSE OF ENVIROMENTAL
INJURY ON THE PLANET.

CREATING ENOUGH HEALTHY AND EQUITABLY FOOD
IS TOP GLOBAL PRIORITY
THIS IS NUTRITION'S TIME

Dariusz Mozaffarian, DIET and HEART DISEASE

What Every Cardiologist Should Know

American College of Cardiology, Expert Analysis, May 2016, Circulation 2016

SINGLE MAJOR CAUSE OF POOR HEALTH IS POOR DIET

Dairy products : whole fat vs low fat, personal preference

2-3 servings per day

Fish : Oily Fish, mackerel, herring, sardines, sprats

2 or more servings per week

Red meats : Fresh or frozen BEEF, PORK, LAMB

2-3 servings per week

Industrial Trans Fat : **DON'T EAT** (partially hydrogenated vegetable oils)

Sugar-Sweetened beverages: **DON'T DRINK**

ALCOHOL : Up to 1 drink for women 2 drinks for men



VYTENIS ANDRIUKAITIS

KOMISÁR EÚ PRE ZDRAVIE A BEZPEČNOSŤ POTRAVÍN

20. marec 2015

TRANS FATS (TFAS)

VYTENIS ANDRIUKAITIS

KOMISÁR EÚ PRE ZDRAVIE A BEZPEČNOSŤ POTRAVÍN

TFAS majú NESPOCHYBNITEĽNE negatívny účinok
ako **ŽIADNA INÁ** potravina,

Ročná KVS mortalita v EU asi **660 000** ľudí.

JE POTREBNÉ **ĎALŠIE** PRESKÚMANIE !!

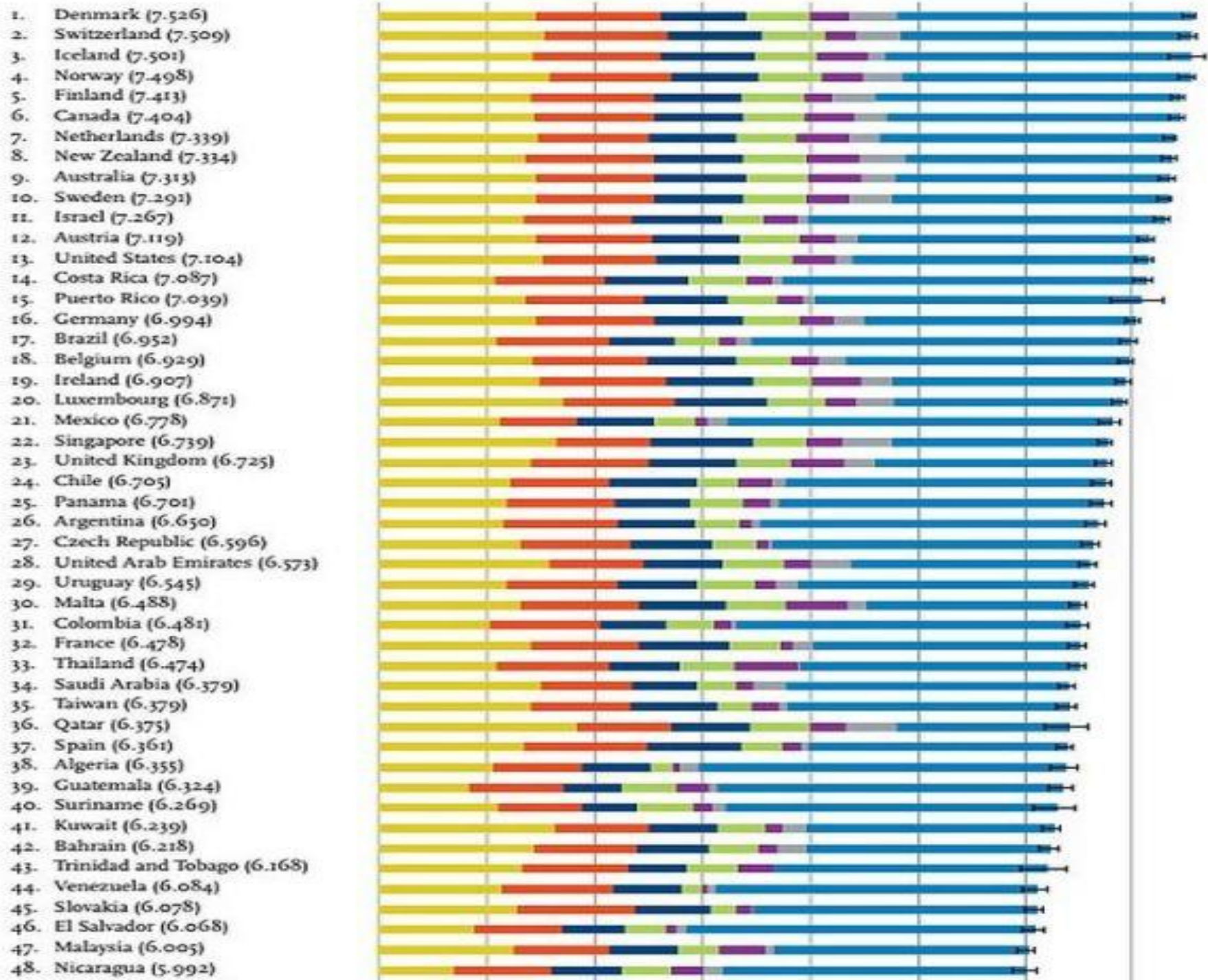
Uskutočňuje sa **Dopadová štúdia**, *ako má Komisia EU postupovať.*

FDA : TFAS sa všeobecne **NEPOVAŽUJÚ** za **BEZPEČNÉ**,
od júna 2018 sa majú **ZAKÁZAŤ**

Hlasovanie EP má **751** členov

za **586**

neprítomných 108, zdržanie 38, proti 19 (165)





IMPORTED PREMIUM
Danish Butter
Cookies



K
METTO GEWICHT

CONTENIDO NETO

FÜLLGEWICHT

NET WEIGHT

340 g / 12 OZ

POIDS NET

PESO NETO

PESO LIQUIDO - NETTO VEGT